

## **B-52**

### **Author: Medifast**

#### **Ingredients**

1 packet Medifast French Vanilla Shake  
2 tablespoons sugar-free B-52 flavored syrup  
1/2 cup cold water  
1/2 cup ice

#### **Method**

Pour ingredients in blender and mix until smooth.

#### **Nutritional Info.**

Cal 90-100 | Fat 0-0.5g | Chol 0mg | Carb 13g | Pro 11-14g